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Housekeepers' Chat

Thursday, June 12, 1930

Not for Publication

Subject: "A Merry-Go-Round Birthday Cake." Approved by Bureau of Home Economics, U. S. Dept. of Agriculture.

Bulletin available: "Aunt Sammy's Radio Recipes."

--ooOoo--

Tomorrow is Tommy's tenth birthday anniversary. The birthday cake is ready, in all its glory, and Tommy is eagerly awaiting the time when his guests will assemble.

It is of the birthday cake that I would speak today; of the birthday cake, and the merry-go-round that adorns it. You can't imagine with what care Tommy and I made this cake. Neither of us had ever made a circus cake before, and we weren't quite sure just how it would turn out. As Tommy said, it wouldn't have made much difference, if we had been making a cake just for Tommy and Uncle Ebenezer and me -- but when a young man of 10 years has invited a dozen friends in for a birthday celebration -- well, I tell you, a great deal depends upon the cake!

First, we measured and sifted and mixed. Then we poured the cake into a large round pan, and into the oven. Tommy didn't dare jump up and down, or turn somersaults, while the cake was in the oven, for fear something would happen to it. Indeed, he didn't even speak above a whisper, all the time the cake was baking. He would tiptoe over to me occasionally, and in a whisper that showed the intense strain he was under, Tommy would inquire: "Do you think it is baking all right, Aunt Sammy?"

At the proper time, we took it out of the oven -- the handsomest birthday cake you ever set eyes on.

"Thank goodness it didn't fall," said Tommy, with a sigh of relief that the ordeal was over. For you never can tell what a cake will do, when it's in the oven, and out of sight.

When the cake was cold, we covered it with a thick fluffy frosting, and made a merry-go-round on top. You'd be surprised, what a wonderful merry-go-round can be made with animal cookies -- lions and tigers and elephants, their feet stuck in the fluffy frosting, are already to go, as soon as the music starts.

Do you observe birthday anniversaries in your household? The Menu Specialist was telling me about some birthday parties she has sponsored, during the past few years. In her family, it's the custom to decorate the birthday cake with the favorite flowers of the guest of honor.

The birthday cake, with a white or tinted frosting, is placed on a tray, or on a cake board somewhat wider than the cake. Then around the cake, on the tray or the board, are placed the flowers. The Menu Specialist has used honeysuckle and garden roses; at another time, mountain laurel; and this spring, a combination of daisies, buttercups, and cornflowers. Sometimes the flowers are made up in miniature bouquets, and used as favors, after the cake is cut.

The candles? Oh yes, there are candles, even for grown-ups who no longer count birthdays. The candles, say five or seven, or any number you please, are placed on the tray or cake board, around the cake, with the flowers. Flowers and candles make a beautiful decoration, and one which does not mar the appearance of the cake when it is served.

Now let's see what we have in the way of questions. Here's a good one: "Will you please tell me which is better, white bread, or whole-wheat bread."

"White and whole-wheat breads are both wholesome foods. They are among the most important and cheapest sources of energy and protein in the diet. . . Whole-wheat or graham flours, which contain the bran, and germ portion of the grain, have lower bread-making capacity and are more susceptible to spoilage, so can not be handled as readily commercially. In general, they contain more essential minerals, and more roughage, than white flour.

"No person subsists on one food. Each food should be chosen in relation to the other constituents in the diet. Bread, either white or whole-wheat, is always an economical source of energy and protein in any diet. The <u>form</u> may be left to the choice of the individual, when the remainder of the diet is so constituted as to contribute the necessary minerals, vitamins, and any necessary roughage."

Does that answer your question? The answer I read you is a statement prepared recently by a group of nationally known authorities on nutrition problems.

What do we have next? Here's a newsy note from a college in New York State. "College Suggests Salads for Summer," is the title. Very good idea; <u>very</u> good idea. Let's read on, and see what salads the college suggests. If we don't like these college suggestions, we'll come right out and say so.

"The house wife finds salads doubly attractive during the summer months because they are cool and easily prepared. Though they should be served frequently during the entire year, they are especially adapted to hot weather."

<u>That's</u> all right. Shall I read further?

"As sources of vitamins, the fruits and vegetables used in salads are almost indispensable, and by eating them raw in salads, all vitamins available in them may be obtained.

"Innumerable fruit combinations may be made. Oranges, grapefruit, pineapple, bananas, apples, peaches, pears, apricots may be combined, all or a few to a salad. They should be placed on a crisp lettuce leaf, and they may be topped with a peak of whipped cream and a strawberry or cherry to add a touch of bright color. Color and contrast add to the attractiveness of a

salad. Since grapefruit, pineapple, bananas, and pears are nearly the same shade, they should be combined with the more brightly colored fruits rather than with each other. Chopped nuts, raisins plumped by soaking, or celery may be added to almost any salad.

"By using meat or fish as the principal ingredient of a salad, it is possible to prepare a dish that may form the main course of a light hot weather meal. Equal quantities of cold salmon or tuna fish, and chopped celery or shredded cabbage, or of diced cold chicken and celery, with a few chopped green olives, may be combined with mayonnaise and served with additional dressing on crisp lettuce. This forms an attractive, cool, and nourishing main dish."

Well, I guess all the college suggestions will pass today. Tomorrow please come prepared totwrite a menu.

Friday: "Fine Points in Jelly Making."

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